













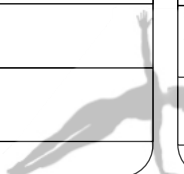




# WINTER TIMETABLE 2025

 - AVAILABLE IN THE STUDIO AND ONLINE  
 - MUST BE BOOKED

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY   | SUNDAY   |
|---|--|--|--|--|--|--|
| <b>AM</b>   | <b>AM</b>  | <b>AM</b>  | <b>AM</b>  | <b>AM</b>  | <b>AM</b>  | <b>AM</b>  |
| <b>Pump &amp; Tone</b><br> 9.30 – 10.00 |  <b>Spin 35</b><br>9.30 – 10.05 | <b>Mash up</b><br>9.30 – 10.30   | <b>Step 2 the beat</b><br>9.30 – 10.10   | <b>Spin (overspill)</b><br> 8.45 – 9.20 | <b>Mash up</b><br> 9.30 – 10.30 |  <b>Spin 35</b><br>9.30 – 10.05 |
|  <b>Spin 35</b><br>10.10 – 10.45        | <b>Power Pilates</b><br>10.15 – 11.15  | <b>Yogalates</b><br>10.40 – 11.40  | <b>Arms/Abs blast</b><br> 10.20 – 10.50 |  <b>Spin 35</b><br>9.30 – 10.05         |                                 | <b>Pump &amp; Tone</b><br>10.15 – 10.45  |
| <b>Yogalates</b><br>10.55 – 11.55   | <b>Coffee morning</b><br> 11.15 |  |  | <b>Pure Pilates</b><br>10.15 – 11.15   |  |  |
| <b>PM</b>   | <b>PM</b>  | <b>PM</b>  | <b>PM</b>  | <b>PM</b>  |  |  |
| <b>Step 2 the beat</b><br>5.45 – 6.25   | <b>Total Toning</b><br>5.45 – 6.15   |  <b>Box2Beat</b><br>6.00 – 6.40 | <b>Pump &amp; Tone</b><br>5.30 – 6.00  |  <b>Spin 35</b><br>5.15 – 5.50          |                                   |  |
| <b>Pump &amp; Tone</b><br>6.35 – 7.05   |  <b>Spin 35</b><br>6.25 – 7.00  |  |  <b>Spin 35</b><br>6.10 – 6.45          | <b>Arms/Abs blast</b><br>6.00 – 6.30   |  |  |
|   |  |  | <b>Pure Pilates</b><br>6.55 – 7.55   |  |  |  |

## BOOKING

- **SPIN** – Booking required via our app
- **BOX2BEAT** – Booking required via our app
- Download our App search "INTERSHAPE STUDIOS"



[www.intershapestudios.co.uk](http://www.intershapestudios.co.uk)